

Adelaide Food Service Pty Ltd - Heating Instructions – Dinner King

- Main dishes come in dual **oven\microwave** container and are suitable for **BOTH** the microwave oven or the conventional oven heating (not recommended for heating in the toaster ovens)
- Our Soups / Mains and Desserts are intended to be heated from Frozen so **DO NOT** defrost
- Heating should only be **HEATING** and not **COOKING**, the meals have already been cooked and therefore only an average amount of time is required. Over heating will dry out vegetables and toughen meat, over boil soups and dessert sauces. However, the food **MUST BE HOT** through out, so checking on the underside of the container, cutting through the thickest part of the meal, stirring the soup/dessert intermittently is important - if not hot through, heat again until ready

1 Main Dishes – cardboard dual heating container instructions

1.1 **Microwave heating.** Break seal by cutting along the perforated line on the lid. Depending on the strength of your microwave oven times will vary (our recommendations are based on 1000W oven). When heating meat type dishes use 6min to start with then 1 min intervals until hot. For fish dishes use 5min to start with then 1 min intervals until hot. Pasta will need about 6min but please do stir it through after this time and heat again to ensure your meal is hot through

1.2 **Oven heating.** **PRE-HEAT the oven to 180°C**, Break the seal by cutting along the perforated line on the lid. Place in the oven and heat for about **35 to 45 minutes**. (We do not recommend that small toasted ovens are used for heating the meal) – Roasts, Egg and Bacon pie Vegetarian Quiche etc. will give you a better tasting dish if heated in the oven rather than the microwave – use your discretion when choosing the heating equipment for your main meal

2 Soups/Snack Size Meals – plastic container instructions - Microwave heating ONLY

2.1 Loosen the lid before placing in the microwave. Heat for 4-5min and stir. Heat again for 1min until the soup/snack size meal is hot through. You can transfer your soup/snack size meal into a bowl, after 1min if you like and continue heating

3 Desserts – plastic container instructions - Microwave heating ONLY

3.1 Loosen the lid before placing in the microwave. Heat for 2-3min and stir. Heat again for 1min until the dish is hot through. Some desserts have a sweet sauce, which will boil over if the dish is heated too long. Try less time then increase and adjust the time as suitable to your tastes

- As each oven or microwave is different, you may need to vary the above temperatures and times to suit your particular appliance, likewise one meal may heat slightly faster than another depending on its density. We are confident in time you will determine just the right time for your appliance and meal type
- However, if you have any questions regarding the product please do not hesitate to contact us directly on **8297 1233** during business hours



Dinner King

Enjoy your lunch/dinner or snack!!!